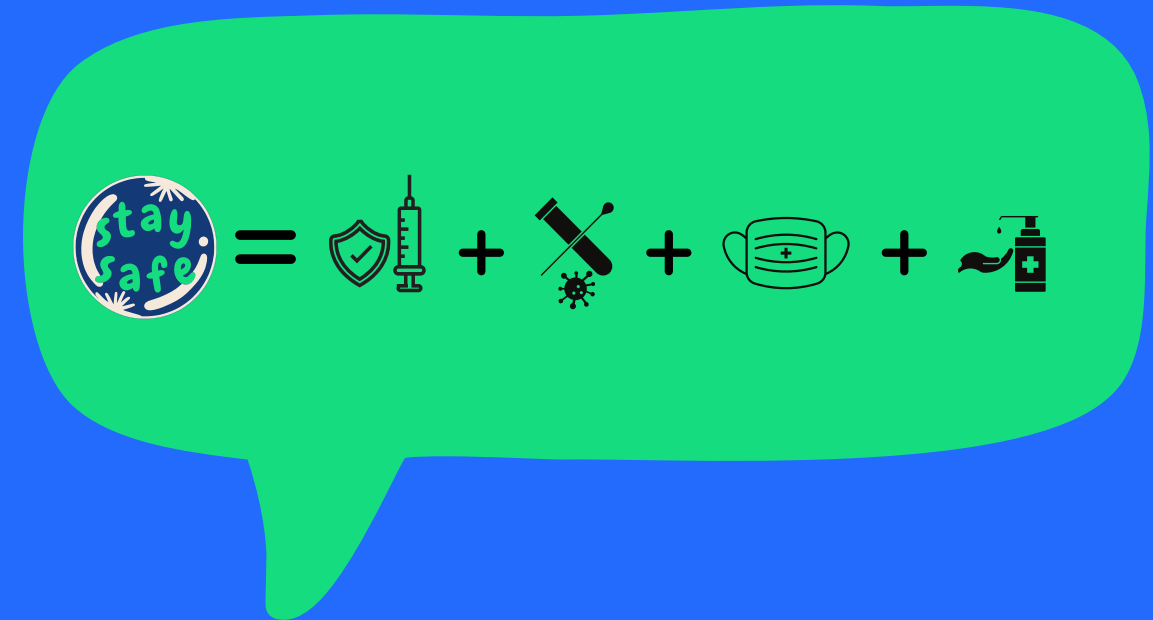


Housatonic Valley Health District

COVID-19 RECOMMENDATIONS: COMMUNITY

December 20, 2022





Prevent the spread of COVID-19 by:

- Staying up to date with COVID-19 vaccinations (primary series & boosters)
- Stay informed. Follow the CDC Community Levels recommendations for your area
- Wearing a well-fitted mask when in crowded groups
- Spend time outside when socializing with people who you don't live with
- Having good ventilation when indoors
- Practicing proper hygiene
- Staying home if you are not feeling well and get tested if you are experiencing COVID-19 symptoms

**Housatonic Valley Health District
COVID-19 Recommendations**



Stay informed. CDC Community Levels

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none">Stay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautionsStay up to date with COVID-19 vaccinesGet tested if you have symptoms	<ul style="list-style-type: none">Wear a mask indoors in publicStay up to date with COVID-19 vaccinesGet tested if you have symptomsAdditional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with [symptoms, a positive test, or exposure](#) to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.

**Housatonic Valley Health District
COVID-19 Recommendations**

COVID-19 Vaccine Eligibility

	Pfizer	Moderna	Johnson & Johnson
Ages 18+	Primary Series: <ul style="list-style-type: none"> 2 doses; 3-8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	Primary Series: <ul style="list-style-type: none"> 2 doses; 4-8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	Primary Series: <ul style="list-style-type: none"> 1 dose Booster: <ul style="list-style-type: none"> 1 booster; 2 months after the final dose in the primary series Anyone who received J&J may receive a 2nd dose of Pfizer or Moderna at least 4 months after their 1st booster Ages 50+ can choose to receive a 2nd booster
Ages 12 – 17 years	Primary Series: <ul style="list-style-type: none"> 2 doses; 3-8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A
Ages 5 – 11 years	Primary Series: <ul style="list-style-type: none"> 2 doses; 3 – 8 weeks apart Booster: <ul style="list-style-type: none"> 1 Monovalent booster; 5 months after the final dose in the primary series 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> Not yet authorized 	N/A
Ages 6 months – 5 years	Primary Series: (ages 6 mo. – 4 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 3- 8 weeks apart between 1st & 2nd dose At least 8 weeks between 2nd & 3rd dose Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 8 weeks after second monovalent primary series dose. 	Primary Series: (ages 6 mo. – 5 yrs) <ul style="list-style-type: none"> 2 doses <ul style="list-style-type: none"> 4 – 8 weeks apart Booster: <ul style="list-style-type: none"> 1 Bivalent booster; 2 months after the final dose in the primary series 	N/A

Definitions:

- Primary series = 2 – 3 doses of Pfizer & Moderna; 1 dose of J&J
- Booster = additional dose
- Up to date = you have received all doses in the primary series and booster when eligible.
- Fully vaccinated = 2 weeks after final dose in primary series
- Monovalent = only 1 antigen in a vaccine
- Bivalent = a vaccine that works by stimulating an immune response against 2 different antigens (i.e. omicron BA.4 and BA.5)

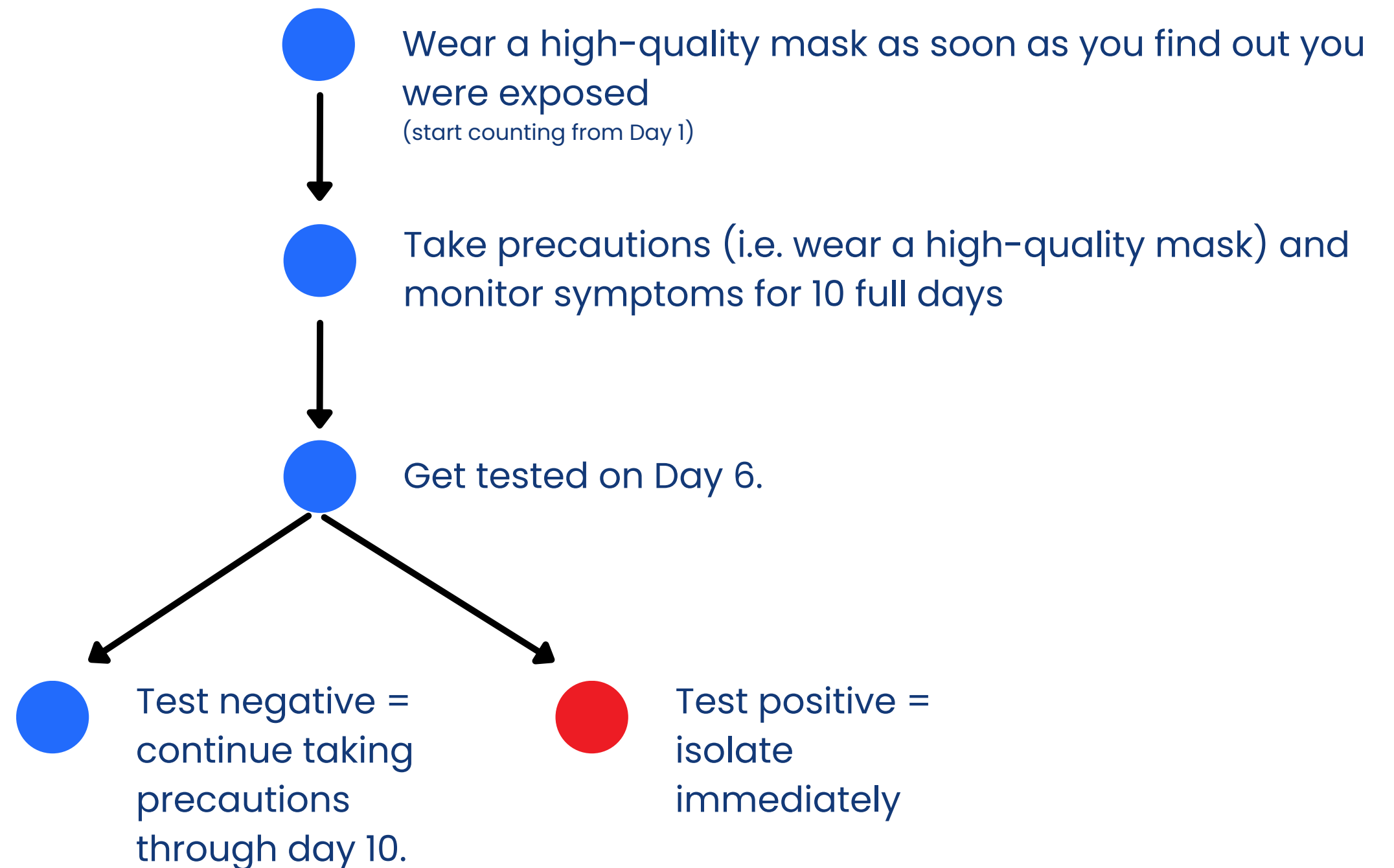
Schedule an appt:



<https://hvhd.us/covid-19/vaccinations/>

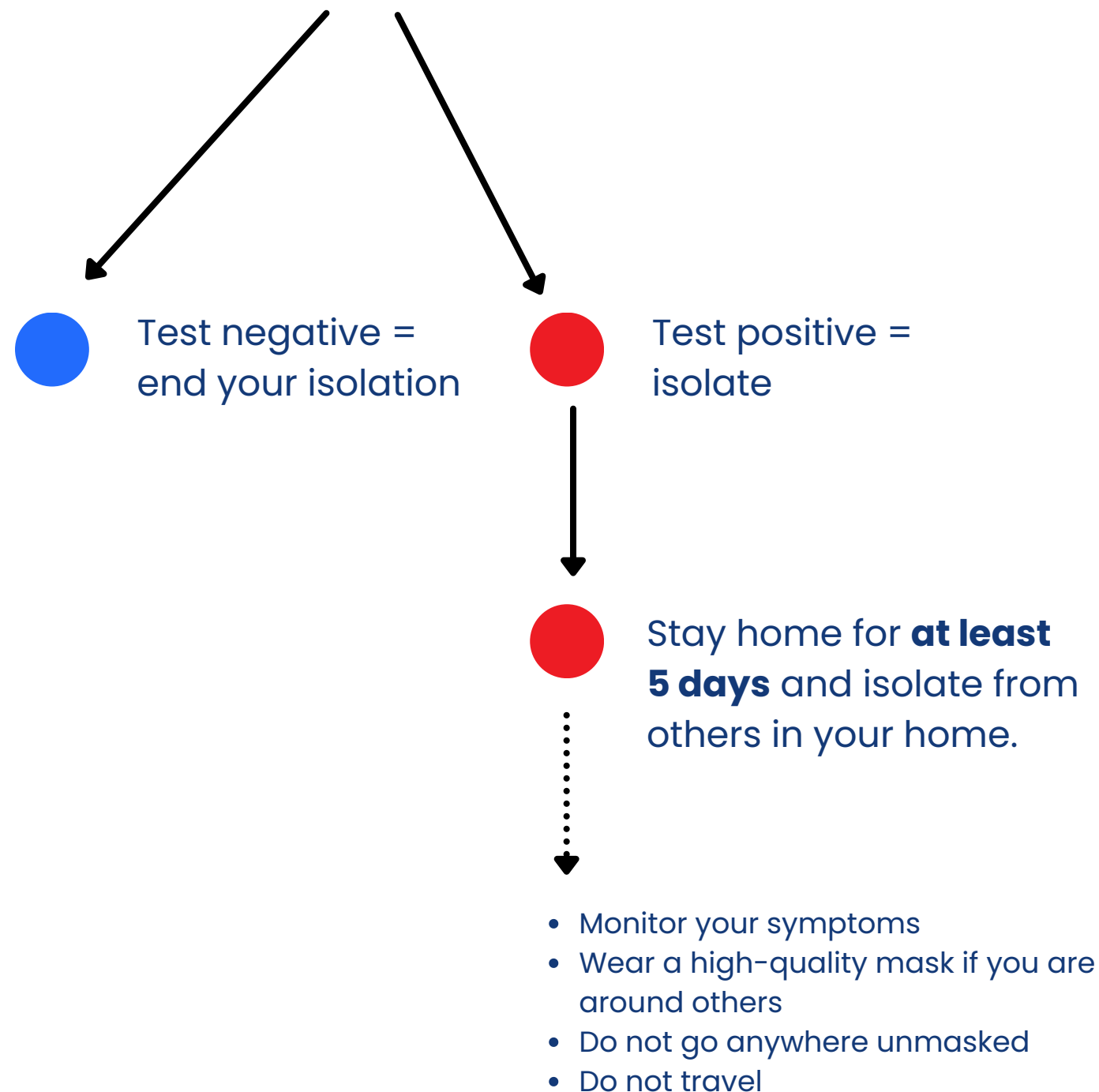


COVID-19 Exposure Recommendations

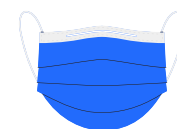
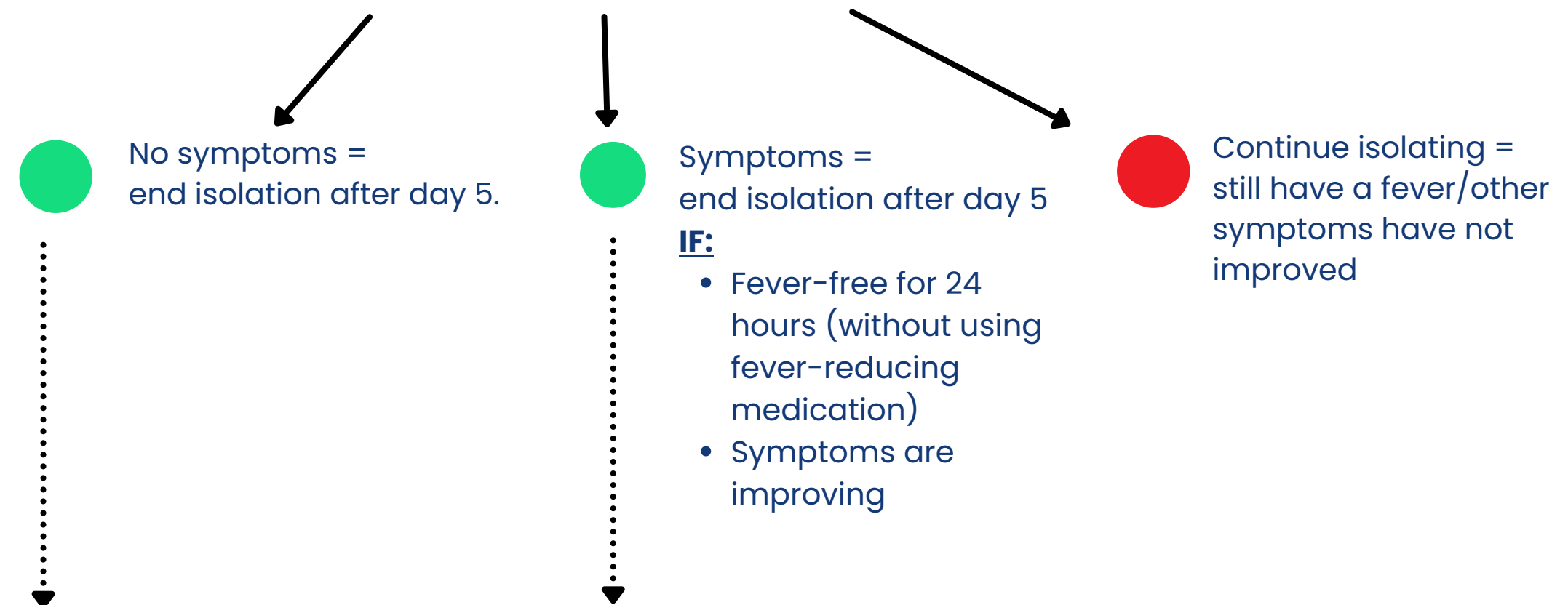


Isolation: When to Isolate & When to End Isolation

WHEN TO ISOLATE:



WHEN TO END ISOLATION:



Wear a mask around others through **day 10**

OR



With **two** sequential negative tests **48 hours apart**, you may remove your mask sooner than day 10.

***If your antigen test results are positive, continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results.**

Well-Fitting Masks:



It covers your nose, mouth, and fits under your chin.



It is breathable.



It is not loose and is fits securely to the head with ties, bands, or ear loops.



Does not allow air to escape from edges

**Leave COVID-19 behind.
Get Vaccinated.
Get Tested.
Stay Informed.**



**Visit www.hvhd.us to schedule a
vaccination and testing appointment.**



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